

Wisdom dose 2:

Mindset

We have already defined mindset in the previous article, explained why it is essential to transformation, so now let us take a look at what types of mindsets are there and how they influence us through transformation.

Psychologist Carol Dweck popularized the concept of fixed mindset and growth mindset. There are two ways of thinking that represent how people view their abilities and potential.

Individuals with fixed mindset: believe that abilities, intelligence and talents are static and cannot be changed.

Individuals with growth mindset: believe that abilities can be developed through dedication and learning.

People with a growth mindset are more inclined to embrace challenges, persist in the face of setbacks, and see failure as an opportunity to grow. This is foundational to personal and professional development.



What type of mindset do you currently have?

What type of mindset does fulfilling your aim require?

<https://www.its.vic.edu.au/blog-post/growth-mindset-vs-fixed-mindset-which-one-are-you/> (illustration of a growth mindset vs. fixed mindset)

<https://medium.com/leadership-motivation-and-impact/fixed-v-growth-mindset-902e7d0081b3>